

# the Overtimes

News for the People in Montgomery County Government

January/February 2003



Recreation Department employees prepare for their early morning bike trek through Rock Creek Park to Bushey Drive. Pictured above (left to right): Linda Panagoulis, Matt Rowe and Greg Bassett.

## Recreation Staffers Find Strength In Numbers

New years bring new resolutions. And, starting the new year with a new resolve are a handful of employees in the Recreation Department who have joined forces to encourage one another to lose weight and get in shape.

Since the first of the year, the employees have participated in several group activities, including "soup and salad day," where employees each brought in a vegetable dish to share. On another day, employees took part in a Healthy Back and Abs exercise class by Health Yourself. Some particularly enthusiastic staffers met at 7:30 a.m., at a mutually convenient location, to bike to work – no small feat given the cold winter temperatures we've been experienc-

ing. Noon fitness walks on Mondays, Wednesdays and Fridays are also part of their new fitness regime.

One of the leaders of the group and driving forces behind the fitness challenge is recreation specialist Linda Panagoulis, who decided to embark on a fitness routine after seeing the Health Yourself wellness challenge flyer. "Since making this decision, I am amazed at how many of my co-workers have shared with me their own plans for developing a healthy lifestyle," said Panagoulis. "And, I am extremely fortunate to work with very supportive staff and management who are encouraging me to attain my fitness goals."

## Health Yourself

Health Yourself – the County's employee wellness program – offers a wide variety of health education programs for employees.

On February 19, from 11 a.m. to 2 p.m., Health Yourself is marking "Injury Prevention Day." Employees can stop by the EOB Lobby Auditorium and get a cholesterol, blood pressure and body fat screening; a back assessment from a chiropractor; a chair massage; a foot assessment from a Podiatrist; and information about local fitness centers. There will also be 15-minute abdominal workouts on the hour and handouts on various exercises and stretches to prevent injuries.

Keep in mind, also, that Health Yourself will come to you. If it's hard for your employees to get away from work to attend one of its programs, Health Yourself will schedule a health education program or health screening on a departmental basis. Sessions, that can be tailored to meet the needs of each department, range from 20 minutes to one hour.

Call 240-777-5092 for more information, or email the staff at: [humanres.wellness@co.mo.md.us](mailto:humanres.wellness@co.mo.md.us).

## Black History Month Celebration



Montgomery County's annual Black History Month celebration is planned for Tuesday, February 11, at 6:30 p.m., in the Executive Office Building lobby auditorium.

This year's celebration, "A Gospel Fest: An Expression of Heritage Through Song," will feature Chief of Police Charles A. Moose as the honored guest. Entertainment will include Stick Drama, the Montgomery County Department of Police Gospel Choir and choirs from local churches.

For more information, call 240-777-2533.

## Overheard On the Elevator

Congratulations to **IVONNE GUTIÉRREZ**, Correction and Rehabilitation, and **GLYNN ANGLIN**, Technology Services, who recently announced their engagement. The couple is planning a July wedding.

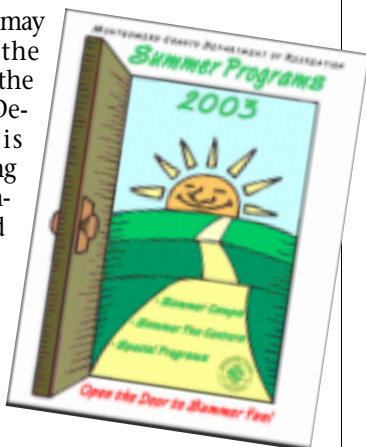
The Overtimes wishes a fond farewell to **PAT DALY**, Human Resources, who retired at the end of December after 20 years of service with the County. The Overtimes will miss Pat's input as the contributing editor of the HR Notes column (*The column, however, won't miss a beat, as Carol Rollins has stepped in to fill the void.*)

## Summer Camps

The snow may still be on the ground, but the Recreation Department is already gearing up for its summer camp and playground programs. Stop by any county library, community center, regional services center

or aquatic center and pick up a copy of the Summer 2003 Recreation Guide. The guide features summer camps, summer fun centers (formerly called playgrounds) and special programs.

For more information, call 240-777-6930 or go online at <http://camps.mcrd.net>.



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240/777-6530

# County's Snow Day Policy

The Chief Administrative Officer reminds all employees of the government's policy during inclement weather incidents.

"It is very important that the public have full access to services during normal business hours," said CAO Bruce Romer. "Disruptions should occur only during the most severe weather events." The absence of an announcement in the media should be taken to mean that County government offices are open, not closed or delayed. In those situations when a period of "liberal leave" or "General Emergency" is declared, the media will be notified.

To ensure that offices are adequately staffed during periods of liberal leave, supervisors need to do the following: maintain



staffing levels to ensure that their respective units remain open; establish a contingency plan with a schedule of employees who will most likely be able to work during inclement weather conditions; establish a plan to be in contact with all

supervised employees during a weather emergency, if necessary; and establish a process for making determinations as to when and if exigencies exist at their respective facility that would cause them to request closure of the facility.

For more details on this policy, employees and supervisors should refer to Administrative Procedure 4-21, Inclement Weather/General Emergencies.

## The New Number Is...

The Department of Permitting Services (DPS) has the following new telephone numbers effective February 3, reflecting the reorganization of the department.

DPS Main Telephone Number .....	240-777-6300
Complaints .....	240-777-6259
Permits .....	240-777-6370
Subdivision development .....	240-777-6320
Zoning .....	240-777-6240
Casework Management .....	240-777-6260
Land Development .....	240-777-6350
Building Construction .....	240-777-6200
Office of the Director .....	240-777-6360
TTY .....	240-777-6256

## DEP Employee Hosts New Environmental Show

Joe Keyser, environmental education coordinator for the Department of Environmental Protection, is the host of a new show airing on County Cable Montgomery, Channel 6. The GreenMan Show, which addresses a variety of environmental issues, airs daily on Channel 6.

In addition to his Green Man per-

sona, Keyser directs a series of public outreach programs regarding the wise use and conservation of natural resources.

Visit the show's website at [www.greenmanshow.com](http://www.greenmanshow.com) to check on air times. If you'd like to suggest a topic for future shows, send ideas to: [greenman@greenmanshow.com](mailto:greenman@greenmanshow.com).







**The True Holiday Spirit** — Employees in the Office of Human Resources displayed their holiday spirit by playing Santa and “adopting” two young children in foster care. The kids, ages 11 and 13, undoubtedly enjoyed a happy and joyous holiday thanks to the generosity of OHR staff. Some of the gifts collected included a Sony Playstation and a DVD player. Additionally, baby supplies were collected and donated to MANNA. Pictured above are (left to right): Eric Wallmark; Joseph Adler, director; Liz Habermann (kneeling); Lori Plazinski; and Teddy Ramet.

## Libraries Offer More Than Books

The Department of Public Libraries is offering several interesting programs in February.

On February 12, at 7 p.m., the Gaithersburg Library, located at 18330 Montgomery Village Avenue, will host local author, playwright, poet and professional actress NeAnni Y. Ife, who will recount personal experiences as an African American child growing up in a predominantly white orphanage in Dayton, OH. Her book, *Blue Popsicles*, chronicles the 11 years she and her siblings spent in the Ohio Soldiers’ and Sailors’ Orphans Home.

On February 15, at 10:30 a.m., a high-energy, interactive, sign-interpreted program designed to bridge the gap between the hearing and deaf communities will be held at the

Gaithersburg Library. Entitled “Sign Me a Story,” the program features storytelling, physical theater and sign language.

On February 15 at the Wheaton Library and February 22 at the Fairland Library, local author Rosemary Reed Miller will discuss her book, “Threads of Time: The Fabric of History.” The book profiles African American dressmakers and designers from 1860 to the present. Miller will also host contemporary fashion shows featuring local designers and models. The free programs, which will begin at 1 p.m., are part of the celebration of African American Heritage Month in the County’s public libraries. The Wheaton Library is located at 11701 Georgia Avenue, and the Fairland Library is located at 14910 Old Columbia Pike, Burtonsville.

## February Blood Drive

Blood donations are always needed. The next blood drive will be held Monday, February 10, in the EOB Lobby Auditorium, from 9:30 a.m. to 2:30 p.m. Call the Red Cross at 1-800-448-3543 to schedule an appointment.

## HR Notes

### Office of Human Resources

#### 2002 Claims for Flexible Spending Accounts

Don’t forget that FlexAmerica must receive 2002 Flexible Spending Account claims for reimbursement of dependent care or health care expenses no later than March 31. Monies not claimed by that date will be forfeited.

#### Verification of Student Status

OHR will send letters in February asking employees to verify the full-time student status of dependents aged 19-25 who are enrolled in County group insurance plans. Send us documentation and the OHR letter you received so we can match the student to the right employee. OHR will assume that your dependent is no longer a full-time student if you don’t provide verification. Your dependent’s insurance coverage will then be discontinued effective March 31 and a COBRA notice will be sent to your home by our vendor, CompLink.

#### Montgomery County Diversity Council Meeting

The Montgomery County Diversity Council promotes EEO and diversity in the County. Diversity Council meetings are open to interested employees who may attend with supervisory approval. The next meeting is scheduled for Wednesday, February 12, from 9-10:30 a.m., in the EOB auditorium and will feature guest speaker Art Wallenstein, director, Department of Correction & Rehabilitation. For more information about the Diversity Council, contact Georgia Coffey, Acting EEO & diversity manager, at 240-777-5016 or click on EEO & Diversity Information on the OHR home page.

#### How to Request Reasonable Accommodation

It is Montgomery County’s policy to provide reasonable accommodation to qualified individuals with disabilities under the Americans with Disabilities Act, whenever possible. If you are a qualified employee in need of an accommodation to perform the essential functions of your job, you may request an accommodation by using the Employee Reasonable Accommodation Request Form that is accessible on-line by clicking on EEO & Diversity Information on the OHR home page. You should also contact Karen Hochberg, Disability Program Manager, on 240-777-5091 for more information about the process.

**BACKPAGE BARGAINS TOWNHOUSE FOR SALE**—Rockville, Woodley Gardens. Three bdr., 2.5 baths. Close to shopping and I-270. Excellent condition w/upgrades. \$235,000. Call Sara, 301-340-0830.

**APARTMENT FOR RENT**—North Bethesda.

Three bdr., 3 bath, fireplace, 2 levels, W/D. Close to beltway, I-270, Metro. Available immediately. \$2,000/month. Call Janis, 240-777-2016.

**'96 HONDA ACCORD**—black, very clean, well maintained. \$7,500/price neg. Call Daniel, 301-585-5680 or 240-777-0088.

**'93 DODGE CARAVAN**—silver, good condition, new transmission. \$3,200/price neg. Call Daniel, 301-585-5680 or 240-777-0088.

**'85 TOYOTA CAMRY LE HATCHBACK**—175,000 miles. Dependable. Perfect for student. \$995/best offer. Call 703-795-6311 or send an email to bowring@virginia.edu.

**FOR SALE**—two brand new mini-bikes, 4hp Manco with Robyn (Subaru) engine, 3-yr. factory warranty, \$550 ea. Also, Coleman gas powered compressor, 5hp w/30 gal. tank, low hours, excellent condition, \$300. Call 410-756-1724.

**MOVING SALE**—HP DeskJet printer, 610CL, \$50. Three oak cube stack tables, \$30. Three teak stack

## Backpage Bargains

County employees may submit ads, non-commercial only, with name and home and office phone number to Information Office, 4th floor, EOB. **Ads may appear one time only.** Deadline for the next issue is March 14.

tables, \$35. Tall, five-shelf bookcase, \$20. Blonde wood, three-shelf bookcase, \$20. Four-cup coffee maker, \$15. Queen-size black iron bed, \$125. Queen mattress set, \$50. Door mirror, \$10. Blue/white Finlandia & Blue Danube dishes, \$1 ea. Microwave, office size, \$25. Full-size microwave, \$35. Three runner rugs, various colors/sizes, \$25-35. Dark blue area rug, 8'x5', \$30. Plants, \$30 ea. Call Sara, 301-279-1017 or 301-340-0830.

**FOR SALE**—four Queen Ann style oak dining room chairs, \$50 ea. Desk chair, dark wood, w/pad, \$15. Kenmore upright freezer, \$100. Broyhill oak china cabinet, w/glass shelves and lighting, \$350. Two wrought iron, woven bar stools, \$15. Matching set of handmade antique, Oriental floral tapestries, framed, \$500. Large collection of albums from late 60s to mid 80s. Call Deborah, 240-777-1625.

**COMPUTER ARMOIRE/WORKCENTER**—Sauder Model 2649 Monarch workcenter, woodland oak finish. Locking doors, large work area, file

**STORAGE CABINETS**—two available, each has six adjustable shelves and full upper shelf, measures 71 1/4" high, 30" wide, 16 1/4" deep. Woodgrain finish. \$25 each. Call Alan, 301-963-1808.

**EXERCISE BIKE**—Schwinn Air-Dyne. Allows exercise of upper and lower body separately and simultaneously. Excellent condition. \$250. Call Debbie, 240-777-1568 or 410-730-8408, eves.

**STORM PARKAS**—Eddie Bauer, premium goose down insulation, with quilted nylon lining and waterproof Gortex outer shell. Detachable, down-insulated hood w/visor. Adjustable drawcord waist, patch pockets w/flannel-lined, hand-warmer pockets and inner knit cuffs. Comfort range is -30° to +50°. Men's size medium, black, \$75. Women's size large, hunter green, \$65. Also men's medium Kombi Gortex gloves, \$10. Call Alan, 301-963-1808.

**FOR SALE**—three Darrell Green "bobble-heads" (two from RFK, one from FEDX). \$6 ea. These collectibles are no longer available. Call Kathleen, 240-777-3857.

## Training Opportunities

Visit OHR's Resource Library for up-to-date training opportunities. Just click on "HR Management," then click on "Training/Career Development" to view:

- January–June 2003 Training Calendar
- Computer Classes
- Core Business Systems (CBS) classes
- Preventing Workplace Harassment
- Investment Seminars
- Group Insurance Workshops
- ERS Retirement Plan Workshops



## OHR Has a New Career Website

Check out our new career website. It's full of information about job openings, featured careers, benefits, application procedures, current events, and more! Go to the new Montgomery County portal home page ([www.montgomerycountymd.gov](http://www.montgomerycountymd.gov)) and click on "Careers" on the left navigation bar. We welcome your comments on the site, which you may leave on-line by clicking on the "Site Visitor Comments" link.

## OMS Has Moved

In an effort to improve its customer service, Occupational Medical Services (OMS) and Fire and Rescue Occupational Medical Services (FROMS) have moved to a new location at 255 Rockville Pike. OMS will be located in Suite 125 and FROMS will be housed in Suite 135. The OMS phone number remains the same—240-777-5118. FROMS has changed its number to 240-777-5185.

Full operations for both offices resumed on January 15. Medical services are provided Mondays through Saturdays to all employees and applicants. Clinic hours are Monday through Friday, 7:30 a.m. to 4 p.m. Additionally, clinic hours are extended on Wednesdays until 8 p.m. and Saturdays from 7 a.m. to noon, for persons with scheduled appointments who are unable to come during regular business hours.

